**Otoplasty**

**General Instructions:**

1. Resume home medications as previous prescribed unless indicated by surgeon.
2. Keep all follow up appointments.
3. Call 205-228-7970 during regular business hours or report to the nearest emergency department for fever >101.5, nausea & vomiting, severe pain, shortness of breath or any other concerns.

**Precautions/Post-operative Care:**

1. The headband dressing will need to be worn the majority of the day and all night for the first 1-2 weeks following surgery. After this, wear the headband all night for the next 6 weeks.
2. Skin stitches are dissolvable. Use a thin film of Polysporin ointment on the incision behind the ear once daily for 1 week after surgery.
3. The ear will drain blood and ointment for 3-7 days.
4. Keep ear completely dry until follow up appointment. You may shower 24 hours after surgery. Keep a cup over the ear during shower/bath to stay dry. Be careful when drying hair to not manipulate the ears. After 1 week, you may let warm, soapy water run over the incision. Pat the incision dry, do not scrub.
5. Sleep with head elevated on 2-3 pillows for 2-3 days after surgery.
6. No strenuous exercise for 2 weeks.
7. Be very careful when putting on and taking off clothing over the head to avoid pulling on the ears. Wearing shirts and jackets with full length buttons or zippers are preferred for 1-2 weeks after surgery.
8. Avoid scratching or manipulating the ears for 2 weeks. Avoid earrings for at least 1 week following surgery.

**What to Expect:**

During healing, the ears may appear asymmetric, bruised and swollen. Avoid comparing the ears to each other immediately following surgery. It may take 6-12 months for all of the swelling to subside. Even when all the swelling is resolved, there may be some slight asymmetry between the ears. You may experience numbness over the ears that will gradually improve over 3-6 months.